

# LYNN COUNCIL ON AGING SENIOR CENTER



**April  
2014**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

Thank the heavens that spring is coming! I hope by the time this newsletter hits your mailbox that the temperature is at least 52 degrees! I've always been a New England fan but these past few winters have put me to the test! I was even joking, "Isn't the snow beautiful?" You have to run fast when you ask that and we're on our sixth or so snow storm. But it really is! Especially when it covers the black snow, right? Let's rally up for the Red Sox to get their World Series Championship rings! Forget about the heartbreak of the football season. The Bruins are in the running... Celtics, well maybe next year! The Winter Olympics are over, but looking ahead... Rio de Janeiro, Brazil will be the venue of the 2016 Summer Olympics. Field trip? As the weather gets better, we will get out more and do different things. Is there a place or restaurant you want to visit? Let us know. Within travel range of course! A festival you haven't been to... if we can pull it off planning wise and there's interest we will do it!

Special thanks to all of our volunteers!!! April is volunteer month and we appreciate your hard work, your commitment to the Senior Center and your dedication to all our programs. We wouldn't be able to do a lot of the things we do without you! Thank you!

*~Stacey Minchello~*

## From Your Mayor

I hope you are beginning to enjoy the warmer days and longer bouts of sunlight.

This month will be a busy one. We are pleased to welcome improve icons Colin Mochrie and Brad Sherwood to the Lynn Auditorium on April 6. It promises to be evening of interactive comedy and big laughs. Legendary blues singer B.B. King will grace the stage on April 13. For more information on either show or for tickets, visit [www.lynnauditorium.com](http://www.lynnauditorium.com) or call the box office at 781-581-2971. Also stay tuned for \$3 movie nights at the auditorium this spring.

Currently on exhibit at the Lynn Museum is "pixeLynn." Drawing inspiration from a European design firm, the museum has chosen images of notable Lynn landmarks from its collection and reinterpreted these images to create pixilated, blown-up versions. Come see a new twist on some of the city's most beloved landmarks. The museum will also be hosting a gardening class on April 9 at noon, as part of its enrichment series for adults.

For those of you observing Easter, Passover or any other religious holiday, I hope you have happy and healthy celebrations with your families.

Best wishes for a wonderful spring,  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant 781-599-0110 ext. 625  
Kristi Harris  
Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

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**Edmund Brown**  
**Ernest Carpenter**  
**Albert DiVirgilio**  
**Daniel P. Hanlon**  
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Meets 4th  
Wednesday  
monthly at  
1:30 p.m.

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**Deb Small**  
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Recording Secretary  
Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## FREE Technical Geek time!

Computer tutoring or questions one on one.

Learn how to use the voicemail on the cell phone.

Is there anything you want set up on your tablet?

Make an appointment with a high school student.

Wouldn't you love it if someone would set up all those tele-  
phone numbers in your cell phone and then show you how to use them?

**Call 781-586-8618- ask for Kristi and set up an appointment for the  
week of April 22<sup>nd</sup> thru April 25<sup>th</sup>.**

High School students are on school vacation this week and we will have a  
schedule of appointments ready.



## APRIL HAPPENINGS

Trip sign-ups begin, Thursday, March 27th

<b>Tues, April 1</b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
<b>Weds, April 2</b>	<b>FOOD STAMPS OFFICE HOURS</b>	<b>9:00 a.m. – 1:00 p.m.</b>
<b>Weds, April 2</b>	<b>Field Trip: North Shore Community College</b>	<b>"Fit n Fun Fair" 10 am–12 pm</b>

*Free shuttle to the fair. Bus leaves the senior center at 10 am and leaves the college at 11:45pm*

<b>Fri, April 4</b>	<b>Home Opener of Fenway Park Celebration</b>	<b>12 noon</b>
<b>~Hot dog, soda and chips \$3~</b>	<b>FREE RAFFLES!</b>	<b>2:05 pm Game time</b>

<b>Mon, April 7</b>	<b>Field Trip: Sr T passes: MBTA Boston</b>	<b>\$2 9:30 a.m. – 1:30 p.m.</b>
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<b>Tues, April 8</b>	<b>Field Trip: Hebert Chocolates</b>	<b>\$2 9:00 a.m. – 2:30 p.m.</b>
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<b>Tues, April 8</b>	<b>Blood Sugar AND Blood Pressure Clinic</b>	<b>8:00 a.m. – 9:30 a.m.</b>
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"Lucy Booth" Open! Nurse available for your questions. Large Activity Room

<b>Thurs, April 10</b>	<b>"MABEL &amp; JERRY"</b>	<b>12 noon</b>
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*Live comedy brought to you by the Lynn Cultural Council and the FRIENDS OF LCDA*

<b>Tues, April 15</b>	<b>*MOHEGAN SUN CASINO*</b>	<b>7am- 6:30 pm</b>
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**Prepaid reservation required -\$27**

<b>Weds, April 16</b>	<b>Directors Forum: Game Room</b>	<b>9:30 am</b>
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*Bring your questions, concerns and suggestions! Have coffee with the Director.*

<b>Weds, April 16</b>	<b>Lunch Trip: Outback Steak House, Peabody</b>	<b>\$2 11 a.m. – 1:30 p.m.</b>
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<b>THURS, APRIL 17</b>	<b>SPRING FAIR</b>	<b>10 am – 2 pm</b>
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*Food, fun, freebies, and health checks! Raffles support the FRIENDS of LCDA*

*Sponsored by Abbott House*

<b>Fri, April 18</b>	<b>BROWN BAG: BOSTON FOOD BANK</b>	<b>10:00 a.m. – 12:00 p.m.</b>
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<b>Mon, April 21</b>	<b>Patriots Day</b>	<b>CENTER IS CLOSED</b>
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<b>Thurs, April 24</b>	<b>FRIENDS OF LCDA meeting</b>	<b>10 a.m.</b>
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<b>Mon, April 28</b>	<b>Field Trip: Sr T passes: MBTA Boston</b>	<b>\$2 9:30 a.m. – 1:30 p.m.</b>
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<b>Mon, April 28</b>	<b>Women's Group Meeting</b>	<b>10 am – 11 am</b>
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<b>Tues, April 29</b>	<b>Hearing Clinic Appointments</b>	<b>9:00 a.m. – 10:00 a.m.</b>
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# APRIL 2014

MONDAY	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
ALL MEALS SERVED W/ BREAD AND 1% MILK	Salmon/dill sauce Candied yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast beef/gravy	Meatloaf/gravy Corn California blend veg. WW bread Pudding ALTERNATIVE BBQ pulled pork,egg noodles	BASEBALL SPECIAL Beef hot dog/roll/ mustard Baked beans Coleslaw Cookie	Eggplant parm./tomato sauce Bowtie pasta Carrots WW roll Fresh fruit ALTERNATIVE Tripe stew,corn meal
7 Boneless pork chops/ gravy Brown rice & beans Collard greens, WW bread Fruit cocktail ALTERNATIVE Salsa chicken,cheddar	8 New Orleans Cajun chicken Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Macaroni & cheese	9 Southern style cod filet Veg. rice pilaf Green peas Italian bread Cookie ALTERNATIVE Turkey/creole sauce	10 Meatball stroganoff Egg noodles Garden salad/dressing WW bread Pudding ALTERNATIVE Stewed goat	11 Turkey Milanese Bowtie pasta Corn Rye bread Fresh fruit ALTERNATIVE Whole grain cheese pizza
14 Baked fish/diced tomatoes Plantains / Carrots Ital. bread Chilled pine- apple ALTERNATIVE Caribbean chicken	15 Home style baked ham Red potatoes Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Ziti/tomato sauce/ cheese	16 Lemon & garlic chicken Candied yams Cauliflower WW bread Brownie ALTERNATIVE Curried beef	17 Beef stew Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Boneless pork chops/ gravy	18 Cheese lasagna/tomato sauce Spinach WW bread Pudding ALTERNATIVE Creole style fish,corn meal
21 HOLIDAY NO MEAL SERVICE	22 Mini cheese ravioli/ tomato sauce Garden salad/dressing Italian bread Cookie ALTERNATIVE Southern style cod filet	23 Latin style pork loin/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Turkey/creole sauce	24 Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef	25 Crispy baked fish Yellow rice Cauliflower/red peppers WW bread Fresh fruit ALTERNATIVE Whole grain cheese pizza
28 Roast beef/gravy Seasoned potato wedges Italian blend veg. WW bread Pudding ALTERNATIVE Chicken creole	29 Roast turkey/gravy Whipped potatoes Garden salad/dressing Cornbread Fresh fruit ALTERNATIVE Stewed goat,corn meal	30 Caribbean style beef tips Yucca, Broccoli WW bread Cake ALTERNATIVE Veggie.burger/roll,potato wedges	Requested Donation is \$2.00 per meal	MENU SUBJECT TO CHANGE WITHOUT NOTICE

# SENIOR CENTER ACTIVITIES • APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO		2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE		
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.



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ADAPTIVE

## CASINO TRIPS

Departs from Lynn  
Senior Center

**Foxwoods \$27**

7 am - 6:30 pm

Tuesday, May 20, 2014

**Mohegan Sun \$27**

Tuesday, April 15, 2014



### Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.  
Sign up in person at the senior center. OR  
Mail in your registration and check.

*Bonus package:*

\$10 food coupon for retail food vendors  
or free buffet

Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.  
Remember to bring your rewards card!



Casino Trips from Revere

**Mohegan Sun \$25**

10:00 a.m. - 8:30 p.m.

April 1<sup>st</sup> & 15<sup>th</sup>  
May 13<sup>th</sup> & 27<sup>th</sup>  
June 10<sup>th</sup> & 24<sup>th</sup>

**Twin River \$23**

10:00 a.m. - 7:30 p.m.

April 10<sup>th</sup> & 24<sup>th</sup>  
May 8<sup>th</sup> & 22<sup>nd</sup>  
June 5<sup>th</sup> & 19<sup>th</sup>

Casino Trips from **REVERE!**  
**Now Express!! Straight run-  
no stops!**

**Call Elaine at 781-289-6144**

**for reservation, questions, and  
pick up location/parking.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Apr 2	Sound of Music <b>(12 noon start)</b>	G	1965	174 min
Apr 9	A Star is Born <b>(12 noon start)</b>	PG	1954	176 min
Apr 16	Calamity Jane	NR	1953	101 min
Apr 23	Camelot <b>(12 noon start)</b>	G	1967	178 min
Apr 30	Singin' in the Rain	G	1952	103 min



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



**COMPUTER CLASS NOTICE**

Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fri-days**. Each series is **five weeks** long and costs **\$50**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

**LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration.

**Questions?? Call Mayra 781-586-8546**

**COMPUTER CLASS DESCRIPTIONS:*****Introduction to Computers & Windows 7, Class #1***

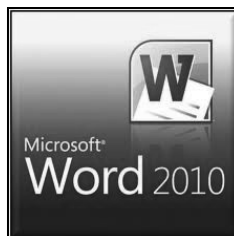
Cancelled - We apologize if this caused any inconvenience.

***Introduction to Computers & Windows 7, Class #2***

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

**11:15 a.m. – 12:15 p.m.**

**Next class: April 4<sup>th</sup>, April 11<sup>th</sup>, April 18<sup>th</sup>, April 25<sup>th</sup>, May 2<sup>nd</sup>**



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## Wellness Watch April 2014

### Get your joints on the move again.

Many people suffer with arthritis and those painful stiff joints. It's time to put that pain back in its place. There are many ways you can manage this pain and get your joints moving again. How many of you do physical activities every day? Do you go for a walk or shovel all that snow that piles up in front of your house? Did you know that regular physical activity can improve your arthritis symptoms and overall health? It can keep joints flexible, strengthens muscles around your joints, and helps you do your daily activities more easily. Studies show that people who exercise as little as twice a week experience the benefit of less pain and fatigue and are better able to manage their disease. Follow these simple tips to success: Always start by warming up your muscles to avoid injury. Make sure you start easy with only a few exercises in the beginning and add more slowly. Make sure you listen to your body; it knows what it can and can't handle. Know the signs of doing too much and take frequent rests. Talk with your doctor about an exercise program right for you. Make sure you're getting proper sleep. Sleep restores your energy; with adequate rest you'll have the energy to make each day a good one.

Have a combination of exercises don't stick to just one. Choose activities you enjoy doing. You can try some aerobic activities such as walking or riding a bike. Do some muscle strengthening exercises that may include light hand weights or pool exercises. Improve your flexibility and balance by doing yoga, standing on one foot, or Tai Chi. If you want to find more information on arthritis contact the Arthritis Foundation at 1800-283-7800 or [www.arthritis.org](http://www.arthritis.org), the National Council on Aging at 1202-479-6605 or [www.ncoa.org](http://www.ncoa.org) or try a My Life, My Health Pain Managing Workshop.

### *The Affordable Care Act (Obamacare) Exchanges and Medicare*

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should be aware of the following:

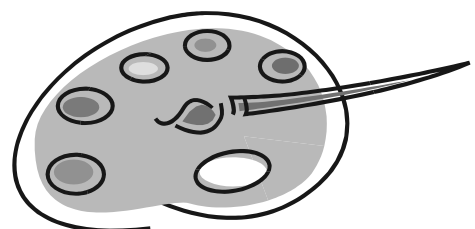
- The health insurance exchanges are for those who do not have health insurance and are NOT for Medicare beneficiaries
- If you have Medicare A and B, you meet the requirement for health insurance
- Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact Kristi Harris or Carol Ellis at 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845 or if you live on the North Shore, please call our satellite office at North Shore Elder Services at 978-750-4540.



# Colors

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 H C E V R X V U R E D N E V A L U R C R  
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 S S I T E W O L L E Y O A U A C H O R A  
 E S M T V Q A Y N E R Q O Z I Y C G E S  
 E V S T L S J F D A U B U R N A W I U L  
 P I C R I M S O N N A Q U A J N D D S K  
 W I K A H K F G N X U B T A D E R N E M  
 B U C M W K E I X F L G D Q G P C I K Q  
 K L V U Y L J S X A R E R R A O G J S M  
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## ***SPRING FAIR!***

Get ready to shake off your winter blues and celebrate spring!

**April 17, 2014 10a.m. – 2 p.m.**

Held at the Lynn Senior Center

Free give -a-ways! Free health screenings!

Blood pressure readings, medication checks, etc.

**Gift Basket Raffles Red Sox tickets Raffle**

**50/50 Raffle Easter Basket Raffles**

**Meatball Sub, chips, & soda \$3**

**Popcorn \$1**

**Easter egg Cookie Kits \$2**

This event is sponsored by the ABBOTT HOUSE, a Bane Care skilled care residence and rehabilitation facility. All proceeds of the Spring Fair benefit the FRIENDS of the Lynn COA.

## **Fenway Park Opening Day Celebration**



### **OPENING DAY FENWAY PARK Celebration**

**at the LYNN SENIOR CENTER in the Game Room!!**

Come watch the ring ceremony on the wide screen TV and guess who's throwing out the first pitch!

Pre-game World Series Champs Ring Ceremony 2:05 pm Game time

**\$3- Hot Dog, chips, soda**

**12:30 pm FREE PRIZE Raffles! (Red Ticket)**

**Red Sox gift basket Red Sox Gear**

*Get your name entered when you scan your key tag.*

**Show your team spirit--- wear something Red Sox and be entered into a separate raffle for a surprise! (Blue Ticket)**

*See a staff member to have your name entered.*

**Guess who is throwing out the ceremonial first pitch! - Win a scratch ticket!**

*Entry forms at the kiosk!*

## **New Meadows Golf Course, Topsfield**



Senior League Tuesday's from 8am to 9am

We are looking for new members to join the league.

We will start again April 22 or April 29.

The cost for 9 holes is \$18.

The cart fee is \$16 for two people or \$8 for one person.

If interested contact:

Jerry Peckerman, Club House Manager of New Meadows Golf Course Topsfield

by e-mail [jerryp839@yahoo.com](mailto:jerryp839@yahoo.com) or call my cell 508-932-2585.

## IN LOVING MEMORY

Thank you for your donation

~Marie Babineau

In loving memory of Dr. Thelma Berger

And in appreciation of Dr. Harvey Berger

for acts of kindness and education of my son, Richard

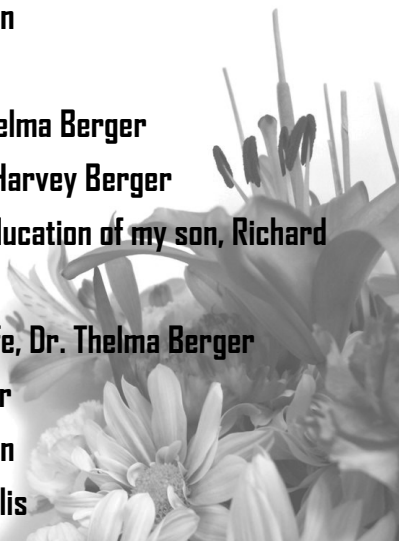
~Karin Martin

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~Sophie Karampoulis



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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## Hair Salon

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

### MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLASS CLINIC

April 1st  
10:00 am—11:00 am  
By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

April 8th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

April 29th  
9:00 am—11:00 am  
New! Appointments Now Required - Call

### PODIATRIST

April 17th & May 8th  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm  
Call for an appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

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